



sad

What does it mean?

 feeling unhappy	 feeling upset	 feeling low	 something is difficult
 something doesn't happen as hoped	 someone is missing someone	 something else	

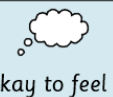
In my body, it might feel like

 watery or teary eyes	 heavy feeling in chest	 a lump in throat	 embarrassed	 ashamed
 low energy or tired	 aching stomach	 headache	 quiet voice	 something else

How might someone react to this emotion?

 cry	 want to be alone	 look down	 ask for a hug	 repeat words or phrases
 loss interest in activities	 difficulty concentrating	 become angry	 something else	

Support Strategies

 tell someone	 ask for company	 ask for space
 hug someone or something	 take slow, gentle breaths	 ask for comfort
 go to a quiet space	 draw how you are feeling and why	 write about how you are feeling and why
 listen to music	 go for a walk	 use fidgets or sensory items
 speak to a trusted adult	 draw how you are feeling and why	 "It's okay to feel sad. This feeling is temporary."
 take time to feel sad	 What other things can you do to help you when you feel sad?	

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